

The colors of the rainbow represent different parts of your health and well-being. We identified and matched some color selected foods that are enriched in vitamins. Here is a quick list of what the colors mean and foods to get you started in eating healthy:

## Red

heart; associated with energy, action, and change

*Foods:* Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries, cherries, watermelon, pomegranate, most meats

## Orange

heart and vision; associated with joy and happiness

*Foods:* Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango, papaya

## Yellow

heart and immune system; associated with the mind and intellect

*Foods:* Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans

## Green

vision, bones, and teeth; associated with harmony and sympathy

*Foods:* Peppers, cabbage, beans, limes, spinach, peas, broccoli, kale, honeydew melon, avocado, pears, green grapes, pesto, celery, zucchini, cucumbers

## Blue

vision and immune system; associated with peace and tranquility

*Foods:* Blueberries, boysenberries

## Purple

memory and digestion; associated with intuition and imagination

*Foods:* Blackberries, currants, beets, red cabbage, eggplant, plums, raisins, prunes

### RESOURCES:

The United States Department of Agriculture  
Department of Health and Human Services; National Institutes of Health  
National Aeronautics & Space Administration (NASA)